

## CLAIMS

1. A composition comprising:
  - (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and
  - (b) caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof.
2. The composition of Claim 1, wherein (b) consists of caffeic acid or a pharmaceutically acceptable salt thereof.
3. The composition of Claim 1, wherein (b) consists of a chlorogenic acid, or a pharmaceutically acceptable salt thereof.
4. The composition of Claim 3, wherein the chlorogenic acid is selected from the group consisting of: neochlorogenic acid, an isochlorogenic acid, 3,5-dicaffeoylquinic acid, cryptochlorogenic acid and 5-caffeoylquinic acid.
5. The composition of Claim 1, wherein (b) comprises caffeic acid and a chlorogenic acid, or pharmaceutically acceptable salts thereof.
6. A food or beverage comprising:
  - (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and
  - (b) caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof.

7. The food or beverage of Claim 6, selected from the group consisting of a milk product, a cereal or pasta product, a soy product, a rice product, a wheat flour product, an oil or fat-containing food, a condiment, a semisolid food, a sauce, a soup, coffee, decaffeinated coffee, tea, decaffeinated tea, a herbal tea or infusion, a chocolate product, a beverage containing alcohol, a fruit or vegetable juice and a soft drink.
8. A supplement comprising ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and caffeic acid and/or a chlorogenic acid, or pharmaceutically acceptable salts thereof.
9. The supplement of Claim 8, further comprising a nutrient, vitamin, mineral, herbal product or drug.
10. The supplement of Claim 8 in the form of a tablet, granule, fine subtile, pill, powder, capsule, troche, medicinal drink, solution for injection, suppository, or dermatological preparation.
11. A process for preventing or treating hypertension or high blood pressure comprising: administering an effective dose of a composition comprising (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and (b)

a component selected from caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof, to a subject in need thereof.

- 5 12. The process of Claim 11, wherein systolic blood pressure is reduced.
13. The process of Claim 11, wherein diastolic blood pressure is reduced.
14. A method for reducing a rise in blood pressure comprising administering an effective dosage of a composition comprising: (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and (b) a component selected from caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof, to a subject in need thereof.
- 15 15. The process of Claim 14, wherein the rise of systolic blood pressure is reduced.
16. The process of Claim 14, wherein the rise in diastolic blood pressure is reduced.
- 20 17. A food or beverage supplemented with ferulic acid, or a pharmaceutically acceptable salt thereof.
18. A food or beverage supplemented with caffeic acid or a pharmaceutically acceptable salt thereof.
- 25 19. A food or beverage supplemented with a chlorogenic acid, or a pharmaceutically acceptable salt thereof.